

RALLY CAFE



October 2026 Middle / High School Menu

Reminder: Students are allowed one free breakfast and one free lunch daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AVAILABLE DAILY: Hamburger, Cheeseburger, Veggie Burger Chicken Patty Sandwich Grilled Cheese Sandwich Cheese Pizza, Pepperoni Pizza Veggie & Fresh Fruit Bar Menus are subject to change		All Lunches <u>Must</u> Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk	1 American Chop Suey w/ Garlic Toast Steamed Broccoli	2 Chicken & Cheese Enchilada BBQ Black Beans
Available daily 9/28-10/2: Buffalo Chicken Wrap or All- American Chef Salad w/ Pretzel				
5 Meatball Pizza Sub Peas & Carrots	6 Limited Time Offering Southwest Crunch Burger Garden Salad 	7 French Toast Sticks w/ Cheese Omelet Baked Curly Fries	8 Limited Time Offering Southwest Crunch Burger Pasta Salad 	9 Soft Shell Beef Tacos w/ Lettuce, Tomato, Sour Cream & Salsa Vegetarian Baked Beans
Available daily 10/5-10/9: Ham & Cheese Sub w/ Lettuce & Tomato or Chicken Caesar Salad w/ Roll				
12 	13 General Tso's Popcorn Chicken w/ Rice Broccoli	14 Pancakes w/ Waffles Roasted Potato	15 Chicken Parm w/ Penne & Garlic Toast Peas & Carrots	16 Loaded Tater Tot Beef Nachos w/ Tortilla Chips Edamame Beans
Available daily 10/12-10/16: Turkey & Cheese Sub w/ Lettuce & Tomato or Popcorn Ranch Chicken Salad w/ Roll				
19 Honey Stung Popcorn Chicken w/ Biscuit Mashed Potato	20 Orange Popcorn Chicken w/ Rice Steamed Bok Choy	21 Waffles w/ Cheese Omelet Waffle Fries	22 Buffalo Chicken Mac & Cheese w/ Garlic Toast Green Beans	23 Soft Shell Turkey Barbacoa Tacos Kickin Pinto Beans
Available daily 10/19-10/23: Italian Sub w/ Lettuce & Tomato or Chicken Caesar Salad w/ Roll				
26 Pizza Sticks w/ Dipping Sauce Baked Waffle Fries	27 Sweet & Sour Chicken w/ Rice Roasted Carrots	28 French Toast w/ Sausage Warm Cinnamon Peaches	29 Chicken Penne Alfredo w/ Garlic Toast Roasted Broccoli	30 Buffalo Chicken Dip w/ Tortilla Chips Celery Sticks
Available daily 10/26-10/30: Buffalo Chicken Wrap or Italian Salad w/ Pretzel				